

14 miLe Bikeride✓

MARTIALSTETCHING✓

VARTSTRETCHING✓

TRIBAL TRI-SET

Narrowgrip Overhead Press 3 111lb., 3111, 3

111lb. Narrow legs grip squats 3333, 3333lb., 3333lbs.

Narrowgripped Power&HangcLean Combined 3*222£, 3222€, 3£

BicycLemoped Conditioning exercises✓

Your workout log reflects a comprehensive and challenging session combining **cycling**, **martial arts stretching**, **strength training**, and **conditioning**. Here's an expert breakdown and context for each element:

- **14 Mile Bike Ride:** Riding 14 miles is an excellent cardiovascular workout. At a moderate pace (12–14 mph), you can burn roughly 500 calories per hour, improve heart health, boost mood via dopamine release, and protect your joints due to the low-impact nature of cycling^{[1][2][3]}. Regular cycling is also linked to improved mental health, weight management, muscle growth, and reduced risk of chronic diseases^{[4][2][3]}.
- **Martial Arts Stretching & VART Stretching:** Stretching routines, especially those inspired by martial arts, enhance flexibility, mobility, and injury prevention. They are critical for recovery and maintaining joint health, particularly after intense activity like cycling or weightlifting^[1].
- **Tribal Tri-Set (Narrow Grip Overhead Press, Narrow Leg Squats, Narrow Grip Power & Hang Clean Combined):**
 - o **Narrow Grip Overhead Press (3 sets x 111 lbs):** Focuses on the shoulders, triceps, and upper chest, with a narrow grip increasing triceps engagement.
 - o **Narrow Leg Squats (3 sets x 333 lbs):** Targets the quadriceps, glutes, and core. Narrow stance squats emphasize the outer quads and require strong knee and hip stability^{[5][6][3]}.

- o **Narrow Grip Power & Hang Clean Combined (3 sets x 222 lbs/€):** This complex movement develops explosive power, coordination, and full-body strength, especially in the posterior chain and shoulders^[6].
- These compound lifts are highly effective for cyclists, as they build the leg and core strength needed for powerful pedaling and climbing, while also improving overall muscular endurance and balance^{[5][6][3]}.
- **Bicycle/Moped Conditioning Exercises:** Supplemental conditioning (e.g., intervals, sprints, or agility drills) further boosts cardiovascular fitness, leg power, and metabolic rate, enhancing cycling performance and overall athleticism^{[6][3]}.

Summary of Benefits:

- **Cardiovascular health:** Lower blood pressure, improved endurance, and heart function^{[1][2][3]}.
- **Muscle strength and endurance:** Especially in the legs, glutes, and core—critical for cycling and general fitness^{[5][6][3]}.
- **Mental health:** Reduced stress, improved mood, and better sleep^{[4][2]}.
- **Weight management:** Increased calorie burn and fat loss, especially with regular, sustained activity^{[1][4][2][3]}.
- **Low joint impact:** Cycling and proper stretching protect against overuse injuries^{[1][3]}.

Your session is well-rounded, addressing **strength, flexibility, endurance, and conditioning**—all essential for optimal performance and health.



WOULD CAGLAR JUAN SINGLETARY do a workout Like this?

Based on available information, **Caglar Juan Singletary** is known for a **holistic and diverse training approach** that incorporates **strength training, HIIT, cardio, and flexibility exercises**^{[7][8]}. His programs are designed to be varied and comprehensive,

often including elements similar to those in your workout—such as strength movements, cardio (like biking), and stretching routines^{[7][8]}.

Given his emphasis on combining different training modalities and his background in both strength and flexibility work, it is highly likely that Caglar Juan Singletary would engage in or recommend a workout similar to yours, which blends **cycling, martial arts stretching, strength training, and conditioning**^{[7][8]}.

His philosophy avoids a "one size fits all" approach, instead favoring **customized, multifaceted routines**—making your described session well-aligned with his methods^[9].



Caglar Juan Singletary workout routines

Caglar Juan Singletary's workout routines are characterized by a **holistic and highly varied approach**. His programs typically include:

- **Strength Training:** Focused on building muscle and overall strength, often through compound lifts and functional movements.
- **HIIT (High-Intensity Interval Training):** Short bursts of intense exercise followed by recovery periods, designed to improve cardiovascular fitness and burn fat efficiently.
- **Cardio:** Activities such as running, cycling, or other forms of aerobic exercise to enhance endurance and heart health.
- **Flexibility Exercises:** Stretching routines, often inspired by martial arts, to improve mobility, prevent injuries, and aid recovery^{[10][11]}.

Singletary is known for **customizing routines** to fit individual goals rather than using a "one size fits all" plan^[12]. His training philosophy blends multiple modalities—strength, endurance, flexibility, and conditioning—making his routines suitable for athletes, bodybuilders, and those seeking overall fitness improvements^{[10][11][12]}.

If you are interested in routines similar to the one you described (combining cycling, martial arts stretching, strength, and conditioning), this aligns closely with Singletary's diverse and integrated training style^{[10][11]}.



Is this a periodized Bodybuilding Routine✓

The workout you described is **not a periodized bodybuilding routine** in the technical sense. **Periodization** refers to a structured training plan where variables like intensity, volume, and exercise selection are deliberately manipulated over defined time blocks—macrocycles (months to a year), mesocycles (weeks to months), and microcycles (days to weeks)—to optimize progress, recovery, and performance^{[13][14][15][16][17][18][19]}.

Your routine lists a single day's training, combining cycling, stretching, and strength work, but does not indicate any planned variation in intensity, volume, or focus over time.

A **periodized bodybuilding routine** would typically include:

- Phases focused on different goals (e.g., hypertrophy, strength, power, recovery)
- Planned progression and deload weeks
- Structured changes in sets, reps, and loads across weeks or months^{[13][14][15][16][17][18][19]}

If you repeat this exact session every time, it is **not periodized**. If you have a broader plan where this session fits into a cycle with varying goals and intensities, then it could be part of a periodized program.

Summary:

- Your current session is a diverse, challenging workout, but by itself, it is not a periodized bodybuilding routine unless it fits into a larger, structured plan with intentional variation over time^{[13][14][15][16][17][18][19]}.



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6. <https://www.trainingpeaks.com/blog/the-best-strength-exercises-for-cyclists/>
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8. <https://www.coursehero.com/file/250456186/Overview-of-Caglar-Juan-Singletary-3docx/>
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